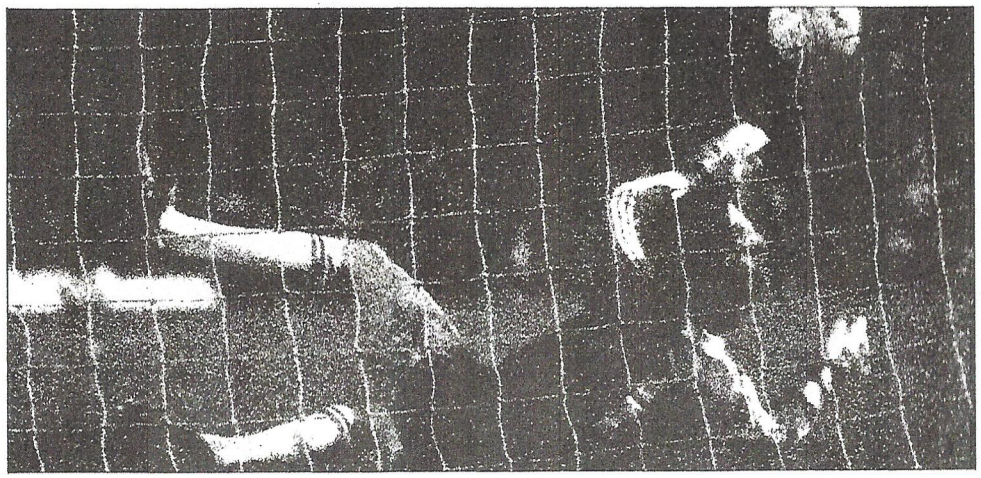
Smoking



The penalty you don't need.

Every year, thousands of Australians die of diseases caused by smoking – more than six times the number who die in road accidents. This is what you could be doing to yourself by continuing to smoke:

Lung Cancer

Nine out of ten cases of lung cancer are smoking related. Lung cancer is rarely found in non-smokers.

Heart Disease

One quarter of all heart disease deaths are due to cigarettes. By smoking you increase your chance of heart attack by three times (three fold).

Emphysema

Nine out of ten smokers have the beginnings of emphysema. With this disease your lungs begin to rot, lung tissue hardens and the pressure of breathing blows holes in your lungs. Eventually you become a breathless invalid.

Chronic Bronchitis

As a smoker, you'll suffer more bronchitis than non-smokers. This means shortness of breath, smoker's cough and the risk of pneumonia.

Reduced Fitness

Smoking replaces oxygen in your blood stream with poisonous carbon monoxide. You then have to put more effort into everything because your body is starved of oxygen.

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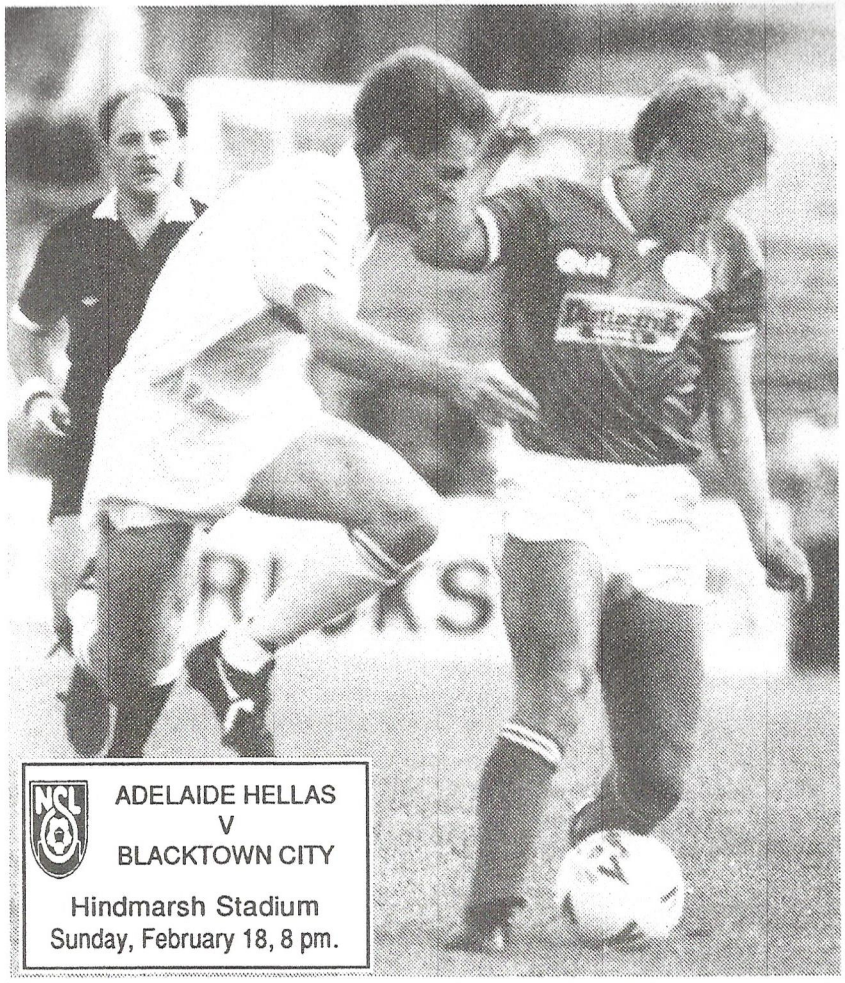

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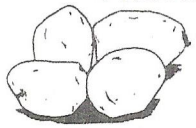

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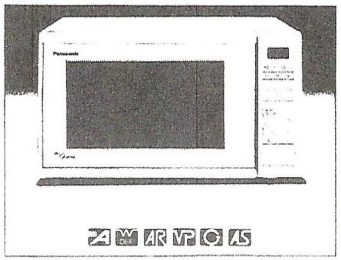

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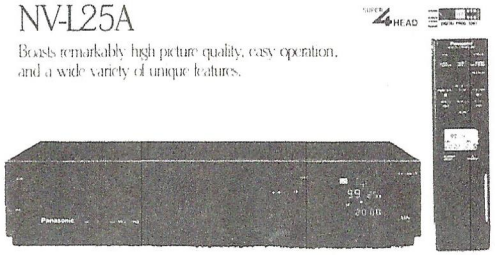

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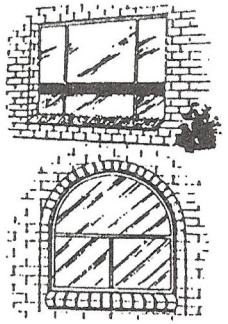

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BLACKTOWN CITY

Blacktown our visitors today, come to Adelaide in the unenviable position of trailing the competition after 16 rounds. Despite their position, Blacktown boasts a very talented squad capable of matching most teams.

Player sure to impress are Nationals team striker Zlatko Aranbasic, Youth Internationals Sean Murphy, Dominic Longo, John Gibson, Stephane Gee and of course former International Zarko Odzakov.

Former Adelaide Hellas player and current Socceroo captain Charlie Yankos also makes a welcome return to Hindmarsh.

The game is vital to both clubs and the fans can expect do or die effort, a real cup tie atmosphere.

PAST RESULTS

1980	Adelaide Hellas	4	Blacktown City	1
	Blacktown City	2	Adelaide Hellas	0
1981	Adelaide Hellas	0	Blacktown City	0
	Blacktown City	4	Adelaide Hellas	2

RECORD	P	W	D	L	F	A
Blacktown City	4	2	-	2	7	6
Adelaide Hellas	4	2	-	2	6	7

Quit NATIONAL SOCCER LEAGUE

	P	W	D	L	F	A	Pts
Melbourne Croatia	17	9	4	4	37	20	22
Apia Leichhardt	15	9	4	2	24	12	22
Adelaide City	**15**	**8**	**4**	**3**	**24**	**14**	**20**
South Melbourne	15	8	3	4	21	12	19
Marconi	14	6	6	2	27	14	18
Sydney Olympic	15	7	3	5	22	12	17
Preston	16	7	3	6	19	18	17
Sydney Croatia	16	7	2	7	24	25	16
Sunshine George Cross	17	5	4	8	21	28	14
Melita Eagles	15	4	4	7	11	17	12
St. George	14	3	5	6	16	25	11
Wollongong	15	4	3	8	12	24	11
Adelaide Hellas	**15**	**4**	**2**	**9**	**16**	**29**	**10**
Blacktown City	16	2	3	11	17	38	7

RESULTS - Round 16
Melbourne Croatia 5 (Awaritefe 3, Adzic, Duzel) **Blacktown City 1** (Carter), **Sydney Croatia 2** (Ricoy, Lamond) **Sunshine 1** (Faulkner), **Preston 2** (Smith 2) **Wollongong 0,Apia 2** (Ellem, Genc tog) **Melita Eagles 1** (Brown), **Adelaide City 3** (**Maxwell 2** (A. Vidmar) **South Melbourne 0, Postponed - Marconi V St. George, Sydney Olympic V Hellas.**

FIXTURES: Round 17
Friday: St. George V Sunshine George Cross
Saturday: South Melbourne V Apia, Wollongong V Sydney Olympic, **Sydney Croatia V Adelaide City**
Sunday: Melita Eagles V Preston Makedonia, **Adelaide Hellas V Blacktown City**, Melbourne Croatia V Marconi.

Round 18
Friday: Preston Makedonia V South Melbourne
Saturday: Apia Leichhardt V Sydney Croatia, Blacktown City V Wollongong City, **Marconi V Adelaide Hellas**, Melbourne Croatia V St. George
Sunday: **Adelaide City V Sunshine George Cross**, Sydney Olympic V Melita Eagles

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QUENTEN WATKINS
ALBY KIDD
BILLY WRIGHT
RAYMOND BLAIR
NICK STAMATELOPOULOS
LEMMY VATSILAS
MARTIN DOAK
MARS CAPASSO

Coach: BRIAN GARVEY

BLACKTOWN CITY

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P. CARTER
K. REYNOLDS
D. NORTHAN
D. LONGO
C. YANKOS
R. MAIER
Z. ODZAKOV
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Coach: W. TAMANDL

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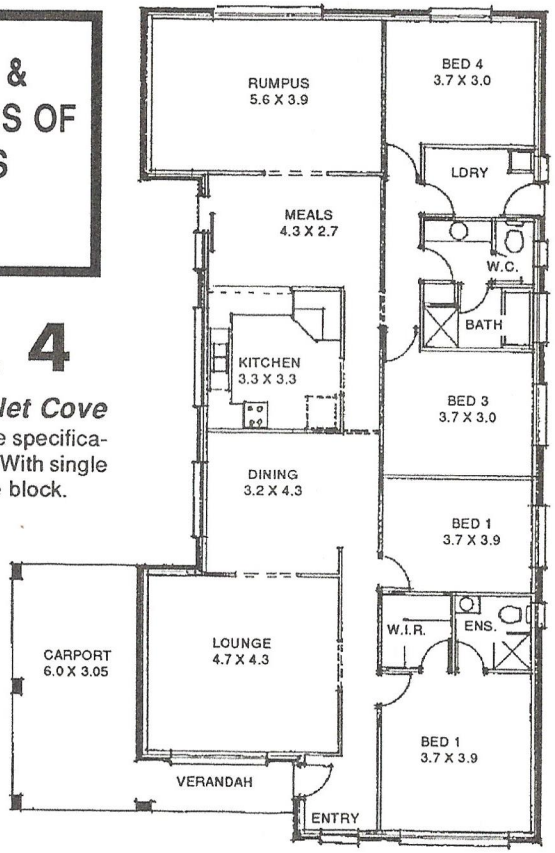

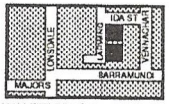

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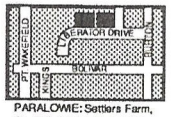

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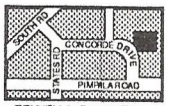

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FULL NAME:
Raymond Blair
BIRTHPLACE:
Falkirk, Scotland
BIRTHDATE:
12 November, 1958
HEIGHT:
5'10"
POSITION:
Forward
PREVIOUS CLUB:
East Fife F.C.
BIGGEST INFLUENCE IN CAREER:
Father
PLAYING HONOURS:
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